



Know Your Numbers! Glucose, Cholesterol, High Blood Pressure, A1C

## Take Ownership of Your Health!

DFA Offers a Wellness Visit Thursday, April 20

We've partnered with MEA Medical Clinics and Diabetes Care Group to conduct a

**FREE ON-SITE WELLNESS VISIT**  
and

**FREE DIABETES SCREENING**

8:00 a.m. - 12:00 p.m. April 20 *Room 145*

Take advantage of this unique FREE opportunity. It's your body, it's your health.

**YOU OWN THIS!**





STATE OF MISSISSIPPI  
GOVERNOR PHIL BRYANT

DEPARTMENT OF FINANCE AND ADMINISTRATION  
LAURA D. JACKSON  
EXECUTIVE DIRECTOR

To: All State Employees

From: Kesha Funches

Re: MEA Clinic - Free Wellness Visit

Date: March 30, 2017

The Mississippi Department of Finance and Administration has partnered with MEA Medical Clinics to conduct on-site **FREE** wellness visits. On Thursday, April 20, 2017, MEA nurses will be in the Woolfolk Building (Room 145) from 8:00 a.m. to 12:00 p.m. to conduct wellness appointments. The MEA nurse will only draw blood samples from the employee during this appointment, and the blood samples will be sent back to the MEA labs for testing. The MEA nurse will set up a follow-up wellness exam appointment at one of their thirteen (13) MEA clinics to complete the wellness exam. You choose the MEA location that is most convenient for you. There will not be a long wait time during the follow-up wellness exam due to the scheduled appointment. A MEA Family Medicine Physician will complete the appropriate physical based on age and gender. MEA has locations in Byram, Canton, Flowood, Clinton, Laurel, Madison, Jackson (2), Pearl, Richland, Ridgeland, Brandon, and Vicksburg. If you would like to participate, please bring a copy of your insurance card (front and back) and a copy of your driver's license or a picture ID so MEA can file your insurance. Please fast (no eating or drinking after midnight) before this scheduled appointment. This clinic is only for those employees that have the State/School Health Insurance Plan. ***This entire wellness benefit is provided to you FREE of charge, and all services are completely confidential.***

**The Diabetes Care Group will also be in attendance to conduct free diabetes screenings. You can take control of your diabetes. They will conduct A1C tests free of charge and provide information about their services.**

**If you are interested, please contact me by phone (601) 359-2824 or email.**

*Wellness/Preventive Coverage Benefits will be provided at 100% of the allowable charge for up to two (2) office visits and certain diagnostic tests. These diagnostic tests are based on the participant's age and gender. These services are not subject to the calendar year deductible. Benefits are only provided when a participating provider renders the services. A complete list of the covered preventive services for adults can be found at the Plan's website, <http://knowyourbenefits.dfa.state.ms.us> or can be obtained*

# Know Your A1C

**The Mississippi State Department of Health (MSDH) Diabetes Prevention and Control Program (DPCP), in collaboration with the Mississippi Department of Finance and Administration, is available to offer A1C screenings for state employees at your state agency's events.** According to the Centers for Disease Control and Prevention (CDC), an estimated 29.1 million Americans have diabetes and 25 percent of them don't know it. About 86 million U.S. adults have prediabetes and about 90 percent of them don't know it. People who have prediabetes are at increased risk of developing type 2 diabetes, heart disease and stroke. Some of the complications of diabetes include glaucoma, cataracts, blindness, kidney failure, heart attack, stroke, severe infections and amputations.

In an effort to address prediabetes and diabetes in our state, the MSDH Office of Preventive Health DPCP would like to participate in your event by offering A1C screenings for your employees. The A1C test gives you a picture of your average blood glucose over the last two to three months. A healthy A1C level is below 5.7 percent. A result between 5.7 percent and 6.4 percent is considered prediabetes and an A1C level of 6.5 percent or higher is considered diabetes. Knowing your A1C level can help you prevent or delay the onset of type 2 diabetes or better manage your diabetes. A diagnosis of diabetes can be life changing, but with appropriate treatment it can be managed. If your A1C result indicates that you have prediabetes or diabetes you may be eligible to enroll in the MSDH Diabetes Self-Management Education (DSME) Program also known as the Freedom program. These classes are a covered benefit of AHS Blue Cross Blue Shield of MS.

*The MSDH Diabetes Prevention and Control Program would like to help you take the first step toward knowing your risk of developing type 2 diabetes as well as managing your diabetes ... know your A1C! For further information, please contact the MSDH DPCP at 601-206-1559.*



## DIABETES – Are YOU at risk?

1. Are you a woman who has had a baby weighing more than 9 pounds at birth? **If yes, add 1 point.**
2. Do you have a sister or brother with diabetes? **If yes, add 1 point.**
3. Do you have a parent with diabetes? **If yes, add 1 point.**
4. Find your height on the chart on the back of this page. Do you weigh as much as or more than the weight listed for your height? **If yes, add 5 points.**
5. Are you younger than 65 years of age and get little or no exercise in a typical day? **If yes, add 5 points.**
6. Are you between 45 and 64 years of age? **If yes, add 5 points.**
7. Are you 65 years of age or older? **If yes, add 9 points.**

**TOTAL SCORE**

### AT-RISK WEIGHT CHART

Height	Weight (pounds)	Height	Weight (pounds)	Height	Weight (pounds)
4'10"	129	5'5"	162	5'11"	193
4'11"	133	5'6"	167	6'0"	199
5'0"	138	5'7"	172	6'1"	204
5'1"	143	5'8"	177	6'2"	210
5'2"	147	5'9"	182	6'3"	216
5'3"	152	5'10"	188	6'4"	221
5'4"	157				

<http://www.cdc.gov/diabetes/prevention/pdf/prediabetestest.pdf>

**IF YOUR SCORE IS 3 TO 8 POINTS** - This means your risk level is probably low for diabetes. In order to keep your risk level low, ask your onsite health coach for more ActiveHealth resources on how you can prevent diabetes. Visit [MyActiveHealth.com/Mississippi](http://MyActiveHealth.com/Mississippi) for more information.

**IF YOUR SCORE IS 9 OR MORE POINTS** - This means your risk level is high for diabetes. *If you would like more information regarding any of the services below, simply place a check beside each program of interest, complete the bottom portion, and submit to your health coach.*

- \_\_\_\_\_ **ActiveHealth Management, Condition Management** Manage your diabetes with free, individualized coaching through the Informed Care Management Program.
- \_\_\_\_\_ **Mississippi State Department of Health, Diabetes Self-Management 6-week education series** An evidenced based program for people who have diabetes provided at no cost for those with a HgbA1C of 5.7-6.9.
- \_\_\_\_\_ **Diabetes Care Group** Provides a customized plan of care to help you take control of your diabetes. There are no copays or out-of-pocket expenses for those with an HgbA1c of 7 or greater. Participants with an HgbA1c less than 7 can schedule a visit with DCG at regular plan benefits.
- \_\_\_\_\_ **Prime Therapeutics Diabetics Supplies** Receive free health education support, a free blood glucose meter and diabetic supplies at a reduced copay.

Name: \_\_\_\_\_

Phone #: \_\_\_\_\_

Age: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Email Address: \_\_\_\_\_

Best Time/Day to Call: \_\_\_\_\_

**Coach Use Only:**

\_\_\_\_\_ AHM

\_\_\_\_\_ MSDH

\_\_\_\_\_ DCG

\_\_\_\_\_ Prime

# Æ ARBONNE



**Kathy Perkins** Your Independent Consultant

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Arbonne Nutrition



## 30 Days to Healthy Living

All detoxes are NOT created equal! Most programs are similar to "diets" meaning they are restrictive, deprive your body of vital nutrients, and do not kill cravings! Plus, "diet" implies you will be on it a short while, then go back to your old ways! How about a plan that:

- DECREASES CRAVINGS
- INCREASES ENERGY
- IMPROVES DIGESTION
- BOOSTS NUTRIENT INTAKE
- IMPROVES ELIMINATION
- PROMOTES HEALTHY WEIGHT LOSS
- REDUCES HEALTH PROBLEMS
- IS A GREAT START TO A LIFESTYLE CHANGE

All while eating REAL FOOD! No calorie counting, no points, no strict juice or tea plans... just real, wholesome food.

But we don't just send you products and leave you hanging... you also get:

- Recipes • Grocery Lists • Meal Plans • Support & Coaching • Private Online Group Access •



PLUS, you get a 45-day money-back guarantee! That means you can try the entire 30 days.

and if not satisfied, send back the empty containers for a full refund!!



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A spectrum of baby care, aromatherapy, spa, and personal care products for head to toe.



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Our plant powered nutrition products provide daily and targeted solutions that you need to start living an extraordinary, healthy life.